

DINNERLY



Balanced Thai Red Veggie Curry with Bamboo Shoots and Mixed Grains



30 minutes



2 Servings

Brimming with veggies and served on our nutritious grain blend, this flavoursome Thai red curry will leave you feeling satisfied and nourished.

- 125g rice, quinoa and barley blend ¹
- 1 sweet potato
- 1 zucchini
- 150g green beans
- 227g bamboo shoots
- 30g red curry paste ⁶
- 200ml coconut milk

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 3 tsp soy sauce ⁶

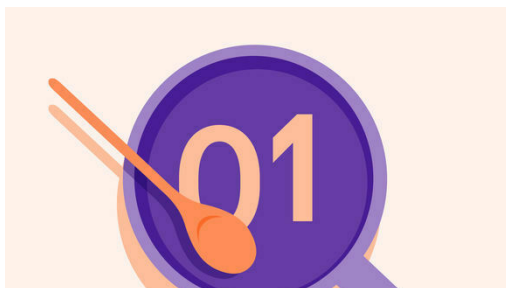
- medium saucepan
- can opener
- medium deep frypan

ALLERGENS

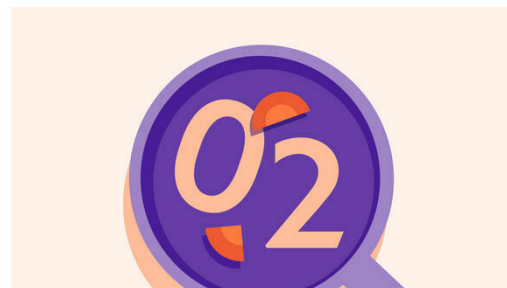
Gluten (1), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

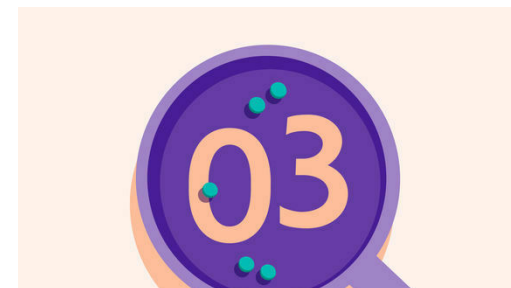
Energy 625kcal, Fat 31.8g, Carbs 67.2g,
Proteins 13.7g



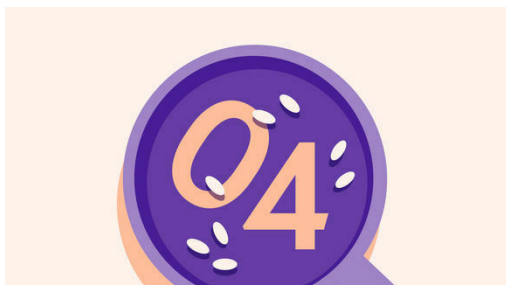
Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **grain blend** and cook for 20-22 mins until tender. Drain.



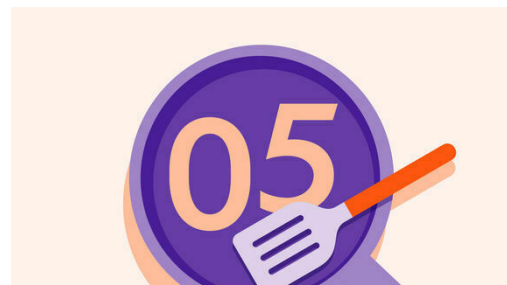
Meanwhile, peel the **sweet potato** and cut into 3cm chunks. Halve the **zucchini** lengthwise and slice on an angle. Trim the **beans** and halve on an angle. Crush or finely chop **2 garlic cloves**. Drain and rinse **half the bamboo shoots***



Heat **1 tbs vegetable oil** in a medium deep frypan over medium-high heat. Cook the **sweet potato**, stirring occasionally, for 5-6 mins until browned. Add the **curry paste** (see Make it yours) and **garlic** and cook, stirring, for 30 secs or until fragrant.



Add the **bamboo shoots, coconut milk and 180ml (¾ cup) water** to the pan and bring to the boil. Reduce the heat to medium and cook for 5 mins. Add the **zucchini and beans** and cook, stirring occasionally, for 5 mins or until the veggies are tender.



Stir **3 tsp soy sauce** into the curry. Taste, then season with **salt and pepper**. Remove the pan from the heat. Divide the **grain blend** and **veggie curry** among bowls and enjoy!



Our curry paste packs quite a punch of heat. We've suggested this amount for flavour, but feel free to use less if you don't like things too hot.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au **#dinnerly**

 **Packed in Australia**
from at least 55%
Australian ingredients